

*“Shifting Sands: Explore Your Grief Through Color and Sand”*

When someone we love dies we may have difficulty accepting the loss and expressing our feelings. This workshop is a creative outlet to explore positive ways to express the many emotions of grief.

*Bereavement Luncheon*

This noontime group will bring together individuals who have experienced the death of a loved one and provide them an opportunity to hear a speaker talk about moving through grief and loss. Lunch will be served at a \$10.00 charge.

*“Surviving and Thriving after a Loss”*

Hope is the cornerstone of our ability to find our way through grief. In this workshop we will explore ways to create hope in our daily lives and to use it to propel us forward. We will also learn how we can nurture ourselves emotionally and physically while we re-engage in life.

*“Understanding Grief”*

Healing from grief is a lifelong process. In this workshop we will explore normal reactions to the loss of a loved one, provide reassurance that grief changes over time, and instill hope that life can once again be rich and meaningful

*“Recharging Our Batteries: Stress Management and Relaxation”*

As the journey through grief can be one of the most stressful times in our lives, it is helpful to have practical ways to cope. This workshop will give you information, ideas, and practice for managing stress gracefully and effectively.

*“Tending the Spirit: Living with Questions of Meaning”*

The death of a loved one can disrupt our sense of the purpose and meaning of life. How do we live and function during this time when nothing seems certain? During this workshop we will explore rebuilding our relationships with family, friends, spirituality, our faith and ourselves.

*“Learning to Cope with the Loss of a Parent”*

As adults, we depend upon our parents in a variety of ways, and often continue to relate to them as “their child” throughout our lives. To lose a parent can be a challenging and sometimes immobilizing experience. This workshop will explore how losing a parent differs from other losses, and ways to nurture ourselves as we begin a journey of healing.

*“You Can Talk to Me about Anything: Helping Your Children Cope with Loss”*

Adults often struggle with talking to their children about death and loss, especially while in the midst of their own grief. This workshop will explore why it is helpful to children and their caregivers to talk about the loss that has occurred in the family. We will also discuss how to talk to children according to their age and developmental stage.

Gilchrist Hospice Care  
11311 McCormick Rd., Suite 350  
Hunt Valley, MD 21031

# BEREAVEMENT SERVICES CALENDAR

Workshops  
July – August 2009



*Guiding the way.*

**443.849.8200**

**[gilchristhospice.org](http://gilchristhospice.org)**

11311 McCormick Road, Suite 350  
Hunt Valley, MD 21031

HOWARD COUNTY  
5537 Twin Knolls Road, Suite 433  
Columbia, MD 21045  
410.730.5072

TTY Maryland Relay Service: 1-800-735-2258

*Gilchrist Hospice Care provides services without regard to race, color, creed, gender, disability, sexual orientation, ability to pay or national origin.*

A **GBMC** AFFILIATE



**GRIEF WORKSHOP:**

***Shifting Sands – Explore Your Grief through Color and Sand***

- Wednesday, July 8, 2009  
6:30-8:00 PM  
*Location: Hunt Valley Conf Rm A*
- Thursday, August 20, 2009  
6:30-8:00 PM  
*Location: Howard County Office*

**BEREAVEMENT LUNCHEON**

- Saturday, July 11, 2009  
12:00 – 1:30 PM  
*Location: Howard County Office*
- Monday, August 17, 2009  
12:00 – 1:30 PM  
*Location: Hunt Valley Conf Rm A*

**GRIEF WORKSHOP:**

***Surviving and Thriving after a Loss***

- Tuesday, July 14, 2009  
6:30-8:00 PM  
*Location: Howard County Office*
- Wednesday, August 5, 2009  
6:30-8:00 PM  
*Location: Hunt Valley Conf Rm A*

**UNDERSTANDING GRIEF WORKSHOP**

- Thursday, July 16, 2009  
6:30-8:00 PM  
*Location: Hunt Valley Conf Rm A*
- Tuesday, August 4, 2009  
6:30-8:00 PM  
*Location: Howard County Office*

**GRIEF WORKSHOP:**

***Recharging Our Batteries – Stress Management and Relaxation***

- Wednesday, July 22, 2009  
6:30-8:00 PM  
*Location: Hunt Valley Conf Rm A*
- Tuesday, August 11, 2009  
6:30-8:00 PM  
*Location: Howard County Office*

**GRIEF WORKSHOP:**

***Learning to Cope with the Loss of a Parent***

- Tuesday, July 28, 2009  
6:30-8:00 PM  
*Location: Howard County Office*
- Tuesday, August 25, 2009  
6:30-8:00 PM  
*Location: Hunt Valley Conf Rm A*

**GRIEF WORKSHOP:**

***Tending the Spirit – Living with Questions of Meaning***

- Thursday, July 30, 2009  
6:30-8:00 PM  
*Location: Hunt Valley Conf Rm A*
- Wednesday, August 26, 2009  
6:30-8:00 PM  
*Location: Howard County Office*

**GRIEF WORKSHOP:**

***You Can Talk to me About Anything – Helping Your Children Cope with Loss***

- Thursday, August 13, 2009  
6:30-8:00 pm  
*Location: Hunt Valley-Conf Rm A*

All of our workshops and support groups are free of charge and are open to the community. The Bereavement Luncheon costs \$10.00 per person and is payable at the door. Pre-registration is required for any group or workshop. Please call Pat Schoenleber at 443-849-8251 for any group/workshop at Gilchrist Center or Hunt Valley Location. Please call Lois Fitzgerald at 410-730-5072 for any group/workshop in Howard County.

For directions, please visit our website: [gilchristshospice.org](http://gilchristshospice.org) or call 443-849-8200.

